

Breakfast Cups

Servings: 6

Prep Time: 10min

Cook Time: 20min



Ingredients

- 6 slices white or wholewheat bread
- 1 tbsp. sunflower oil
- Salt and pepper
- 250 g streaky bacon
- 6 large eggs

Directions

1. Heat the oven to 180 C. Grease a muffin pan and set aside.
2. Grill the bacon until crispy and set aside.
3. Cut the crusts off the sliced bread and flatten each slice using a rolling pin.
4. Mould the flattened bread into the greased muffin pan and lightly brush with sunflower oil.
5. Place in the oven for 10 minutes, or until slightly crispy and golden brown.
6. Add two pieces of bacon to each crispy bread cup and crack an egg over the bacon. Season with salt and pepper.
7. Place in the oven for 8–10 minutes for a soft egg, or 10–15 minutes if you prefer your eggs well done.
8. Allow to cool slightly before removing. Serve warm.